



HealthyGuidance® Tobacco Cessation

HealthyGuidance Tobacco Cessation: Focused on Quitting and Staying Tobacco Free

More than 80 percent of smokers say they would like to quit but are convinced it would be difficult or impossible without support. Overcoming nicotine dependence or addiction is not easy, but the ComPsych HealthyGuidance Tobacco Cessation Program provides just the right kind of personalized support to help participants kick the habit successfully. Our Certified Tobacco Cessation Specialists integrate behavior-change techniques, for which ComPsych is well known, with a mix of dependence-breaking strategies to help participants quit permanently.

Unlike most programs, which focus only on quitting, the HealthyGuidance Tobacco Cessation Program also focuses on helping participants stay tobacco free. Relapse prevention begins with the initial assessment, and tobacco users are counseled on developing a new healthy identity and lifestyle with social, diet and exercise changes. The program uses a structured, yet flexible model that not only addresses nicotine withdrawal and/or replacement therapies, but also helps with the challenges of cognitive and behavioral change issues. A five-session call model is used, but if additional sessions are required due to an individual's need, the program will be adjusted. In addition, participants can call in for support at anytime, with no limits on inbound calls.

Call One: Assessment and Education

The program begins with two assessments: the Fagerstrom Test for Nicotine Dependence and the "Why Do I Smoke?" quiz.

The Fagerstrom Test assesses when the tobacco user smokes, chews or dips, which offers insight into the participant's level of nicotine addiction. It also uncovers other key factors behind the participant's dependency—this helps our specialists plan a program that targets the individual's specific needs.

The "Why Do I Smoke?" quiz helps determine whether the participant's smoking habit is more physiologically, psychologically or socially motivated. Assessing why the participant uses tobacco helps determine which quitting approaches will be the most beneficial. The resulting "replacement strategies," whether emotional or situational, help the participant substitute smoking behaviors with healthy ones for long-term success.

The ComPsych Difference

- Personal tobacco use and quit-attempt assessment
- Customized plan based on the participant's initial level of readiness to quit
- Strategies to help manage the common fears about quitting tobacco use
- Coordination with other resources when appropriate (e.g., EAP, financial, legal, work-life)
- Stress management skills instruction
- Tips for preventing weight gain
- One-on-one telephone counseling sessions
- Ongoing relapse prevention support
- Online 30-minute starter module to discreetly educate and drive engagement among participants

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Call Two: Prepare to Quit

While there is no single right way for a tobacco user to quit, there are some strategic steps that increase the chances of success. The preparation step required prior to quitting provides the user with the opportunity to set a quit date, inform family and friends, anticipate challenges, remove tobacco from his or her personal environment and discuss nicotine replacement therapy with his or her physician.

Call Three: Action Plan

According to the American Cancer Society and our years of counseling experience, quitting and staying quit depends largely on commitment and planning. By understanding the factors behind the participant's nicotine dependency, our Certified Tobacco Cessation Specialists help the individual choose a quitting method, develop alternative coping strategies and define a tobacco-free identity.

Call Four: Quit Day

Designating a quit day motivates the tobacco user to put the preparation and planning into action at a specific time, which helps ensure success. This day requires focus and energy to cope with temptations, cravings and withdrawal symptoms and to develop new, healthier habits. Our program equips each tobacco user with the necessary tools and personal support to combat cravings and temptations in this early stage of quitting.

Call Five: Relapse Prevention and Follow-up Assessment

Staying tobacco free is the final and most important stage of the process. Our Tobacco Cessation Specialists help ex-tobacco users identify relevant relapse issues, develop skills to cope with emotional or situational triggers and use tactics such as exercise and better nutrition to restore overall health.

Online Coaching

As an alternative to telephonic coaching, ComPsych offers a self-directed, interactive online tobacco cessation program. The four-part starter module covers quitting techniques as well as other factors that contribute to remaining smoke-free. By offering another point of entry, our online programs help participants who, for various reasons, will not engage with a more personalized, one-on-one coaching approach.

“I never dreamed that I would be successful at quitting smoking because I really enjoyed smoking. My company making this service available made all the difference for me. I really appreciate it.”

About ComPsych

ComPsych[®] Corporation is the world's largest provider of employee assistance programs (EAP) and is the pioneer and worldwide leader of fully integrated EAP, behavioral health, wellness, work-life, HR, FMLA and absence management services under its GuidanceResources[®] brand. ComPsych provides services to more than 53,000 organizations covering more than 118 million individuals throughout the U.S. and 170 countries. By creating “Build-to-Suit” programs, ComPsych helps employers attract and retain employees, increase employee productivity and improve overall health and well-being.

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